

Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Elementary Schools Lunch Menu

Page 1

Feb 2, 2010

| | Portion Size | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | mg Vit-C | g Prot | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|----------------------------|--------------|------|-----------|---------|---------|---------|---------|----------|----------|--------|--------|---------|---------|----------|
| Mon - 03/01/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Cheesy Chicken Over Rice | serving | 203 | 67 | 338 | 0.26 | 0.87 | 126.0 | 372 | 2.1 | 17.5 | 3.4 | 13.1 | 6.75 | *0.00 |
| Green Beans, ACS | 1/2 CUP | 22 | 0 | 194 | 1.51 | 0.71 | 20.7 | 270 | 3.5 | 1.0 | 3.7 | 0.7 | 0.11 | *0.00 |
| Whole Wheat Rolls SM | 1 roll | 179 | 1 | 173 | 2.49 | 1.62 | 20.0 | 132 | 0.0 | 5.1 | 32.4 | 3.4 | 1.42 | *0.00 |
| Mandarin Oranges: drained | 1/2 cup | 80 | 0 | 20 | 1.00 | 0.36 | 19.9 | 299 | 20.9 | 1.0 | 19.9 | 0.00 | 0.00 | 0.00 |
| Cake: With Topping | 1 piece | 120 | 0 | 197 | 0.21 | 0.33 | 75.4 | 59 | 0.1 | 2.2 | 22.2 | 2.5 | 0.38 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 739 | 75 | 1087 | 5.47 | 4.64 | 562.0 | 1492 | 28.62 | 34.69 | 105.80 | 21.31 | 9.63 | *0.00 |
| % of Calories | | | | | | | | | | 18.8% | 57.2% | 25.9% | 11.7% | 0.0% |

| | | | | | | | | | | | | | | |
|--------------------------------|----------|-----|-----|-----|-------|------|-------|------|-------|-------|-------|-------|------|-------|
| Tue - 03/02/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| SCRAMBLED EGGS | 1/2 CUP | 164 | 430 | 288 | 0.00 | 1.47 | 100.0 | 642 | 0.2 | 14.0 | 3.3 | 10.1 | 3.14 | *0.00 |
| Canadian Style Bacon Turkey Ha | Serving | 56 | 31 | 354 | *0.00 | 0.46 | 3.5 | 13 | 0.8 | 7.6 | 1.0 | 2.4 | 0.69 | 0.07 |
| Grits | 3/4 CUP | 107 | 0 | 4 | 0.54 | 1.09 | 5.4 | 0 | 0.00 | 2.6 | 23.4 | 0.3 | 0.05 | *0.00 |
| Toast, White Bread | SLICE | 83 | 0 | 168 | 0.71 | 0.94 | 33.7 | 0 | 0.00 | 2.6 | 15.4 | 1.1 | 0.16 | *0.00 |
| Fruit, Assorted | 1 EACH | 52 | 0 | 1 | 2.06 | 0.13 | 12.9 | 89 | 16.6 | 0.6 | 13.4 | 0.2 | 0.04 | *0.00 |
| Juice, Variety | 4 oz | 60 | 0 | 0 | *0.00 | 0.63 | 0.0 | 0 | 46.2 | 0.00 | 14.0 | 0.00 | 0.00 | 0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 658 | 467 | 979 | *3.31 | 5.49 | 455.6 | 1104 | 65.73 | 35.39 | 94.68 | 15.74 | 5.06 | *0.07 |
| % of Calories | | | | | | | | | | 21.5% | 57.6% | 21.5% | 6.9% | 0.1% |

| | | | | | | | | | | | | | | |
|----------------------------|----------|-----|----|-----|------|------|-------|-----|-------|-------|-------|-------|------|-------|
| Wed - 03/03/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Tacos with Chips | SERVING | 314 | 59 | 231 | 2.74 | 2.02 | 11.8 | 223 | 3.9 | 18.9 | 21.1 | 16.4 | 5.06 | *0.00 |
| Rice, Brown | 1/2 cup | 82 | 0 | 0 | 0.48 | 0.35 | 0.0 | 0 | 0.00 | 1.9 | 16.9 | 0.5 | 0.00 | 0.00 |
| ACS Pinto Beans | 1/4 cup | 82 | 0 | 69 | 3.48 | 1.25 | 41.8 | 0 | 0.0 | 4.2 | 13.9 | 0.6 | 0.09 | *0.00 |
| Shredded Lettuce | 1/2 cup | 5 | 0 | 4 | 0.43 | 0.15 | 6.5 | 181 | 1.0 | 0.3 | 1.1 | 0.1 | 0.01 | *0.00 |
| Apple, fresh | 1/2 EACH | 36 | 0 | 1 | 1.66 | 0.08 | 4.1 | 37 | 3.2 | 0.2 | 9.5 | 0.1 | 0.02 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 655 | 65 | 470 | 8.79 | 4.61 | 364.2 | 800 | 10.15 | 33.47 | 86.69 | 19.23 | 6.16 | *0.00 |
| % of Calories | | | | | | | | | | 20.4% | 52.9% | 26.4% | 8.5% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|----------|-----|-----|-----|-------|-------|--------|-------|--------|-------|--------|-------|-------|-------|
| Thu - 03/04/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Baked Spaghetti | SERVINGS | 383 | *66 | 392 | *4.29 | *2.72 | *300.1 | *845 | *14.5 | 24.8 | 37.2 | 16.0 | 7.75 | *0.00 |
| Tossed Salad W/Ranch | 1/4 cup | 21 | 1 | 83 | 0.65 | 0.27 | 21.6 | 1187 | 5.0 | 0.7 | 2.3 | 1.1 | 0.20 | *0.00 |
| Pineapple Tidbits | 1/2 cup | 66 | 0 | 0 | 0.83 | 0.30 | 16.5 | 0 | 7.4 | 0.00 | 17.3 | 0.00 | 0.00 | 0.00 |
| Rice Krispy Treats | 1 EACH | 144 | 0 | 164 | 0.00 | 3.82 | 0.0 | 360 | 6.4 | 0.00 | 33.1 | 0.9 | 0.42 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 751 | *72 | 805 | *5.77 | *7.86 | *638.2 | *2752 | *35.23 | 33.49 | 114.20 | 19.48 | 9.35 | *0.00 |
| % of Calories | | | | | | | | | | 17.8% | 60.8% | 23.3% | 11.2% | 0.0% |

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Elementary Schools Lunch Menu

| | Portion Size | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | mg Vit-C | g Prot | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|----------------------------|--------------|------|-----------|---------|---------|---------|---------|----------|----------|--------|--------|---------|---------|----------|
| Fri - 03/05/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Chic Sandwich | 1 sandwich | 123 | 0 | 247 | 2.24 | 1.21 | 168.1 | 0 | 0.00 | 4.5 | 23.5 | 1.7 | 0.00 | *0.00 |
| Sun Chips | bag | 140 | 0 | 160 | 2.00 | 0.36 | 0.0 | 0 | 0.00 | 2.0 | 19.0 | 6.0 | 1.00 | 0.00 |
| Carrot Sticks w/Dip | 1/4 cup | 42 | 2 | 154 | 1.23 | 0.13 | 32.5 | 7417 | 2.6 | 0.9 | 5.9 | 1.6 | 0.32 | 0.00 |
| Grapes | 1/2 CUP | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 1.84 | 0.3 | 7.9 | 0.2 | 0.05 | *0.00 |
| Sugar Cookie, 1 ounce | 1 cookie | 120 | 10 | 95 | 0.00 | 0.72 | 20.0 | 0 | 0.00 | 2.0 | 17.0 | 6.0 | 1.00 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 592 | 17 | 823 | 5.89 | 3.31 | 527.1 | 7823 | 6.41 | 17.66 | 97.58 | 17.00 | 3.35 | *0.00 |
| % of Calories | | | | | | | | | | 11.9% | 65.9% | 25.8% | 5.1% | 0.0% |

| | | | | | | | | | | | | | | |
|-------------------------------|-----------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|-------|
| Mon - 03/08/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Little Smokies | 2 ounces | 196 | 24 | 489 | 0.00 | 0.00 | 0.0 | 98 | 0.00 | 6.8 | 2.9 | 17.6 | 5.87 | 0.00 |
| Mashed Potatoes | 1/2 CUP | 65 | 0 | 81 | 1.04 | 0.38 | 1.7 | 118 | 15.5 | 1.0 | 13.5 | 0.3 | 0.14 | *0.00 |
| ACS Turnip Greens | 1/4 cup | 24 | 0 | 82 | 0.99 | 0.74 | 51.2 | 4693 | 6.2 | 1.2 | 3.2 | 0.7 | 0.13 | *0.00 |
| Peaches: sldd 1/4 cup drained | 1/4 cup | 31 | 0 | 4 | 0.45 | 0.00 | 0.0 | 135 | 0.5 | 0.4 | 7.6 | 0.00 | 0.00 | 0.00 |
| Whole Wheat Rolls SM | 1 roll | 179 | 1 | 173 | 2.49 | 1.62 | 20.0 | 132 | 0.0 | 5.1 | 32.4 | 3.4 | 1.42 | *0.00 |
| Milk - Variety | HALF PINT | 127 | 7 | 126 | 0.79 | 0.40 | 264.9 | 446 | 1.4 | 7.4 | 20.0 | 2.0 | 1.28 | *0.00 |
| Weighted Daily Average | | 622 | 34 | 957 | 5.77 | 3.14 | 337.8 | 5622 | 23.72 | 22.02 | 79.63 | 24.15 | 8.84 | *0.00 |
| % of Calories | | | | | | | | | | 14.2% | 51.2% | 35.0% | 12.8% | 0.0% |

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|-------------------------------|----------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|-------|
| Tue - 03/09/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Nachos w/Ground Beef | SERVINGS | 374 | 68 | 625 | 1.15 | 1.79 | 221.0 | 519 | 0.3 | 19.0 | 18.8 | 24.4 | 11.04 | *2.50 |
| Rice, Brown | 1/2 cup | 82 | 0 | 0 | 0.48 | 0.35 | 0.0 | 0 | 0.00 | 1.9 | 16.9 | 0.5 | 0.00 | 0.00 |
| Shredded Lettuce/Diced Tomato | 1/4 cup | 5 | 0 | 2 | 0.38 | 0.11 | 4.6 | 204 | 2.2 | 0.3 | 1.1 | 0.1 | 0.01 | *0.00 |
| Oranges | 1/2 EACH | 23 | 0 | 0 | 1.15 | 0.05 | 19.2 | 108 | 25.5 | 0.5 | 5.6 | 0.1 | 0.01 | *0.00 |
| Sugar Cookie, 1 ounce | 1 cookie | 120 | 10 | 95 | 0.00 | 0.72 | 20.0 | 0 | 0.00 | 2.0 | 17.0 | 6.0 | 1.00 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 740 | 84 | 888 | 3.17 | 3.78 | 564.9 | 1191 | 30.02 | 31.68 | 83.63 | 32.57 | 13.03 | *2.50 |
| % of Calories | | | | | | | | | | 17.1% | 45.2% | 39.6% | 15.9% | 3.0% |

| | | | | | | | | | | | | | | |
|----------------------------|----------|-----|----|------|-------|------|-------|------|------|-------|--------|-------|------|-------|
| Wed - 03/10/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Chicken and Noodles | 1 CUP | 271 | 91 | 415 | 1.21 | 1.82 | 64.0 | 221 | 1.2 | 23.8 | 23.9 | 8.5 | 2.75 | *0.00 |
| Glazed Carrots | 1/4 cup | 33 | 0 | 40 | 1.50 | 0.22 | 18.2 | 6486 | 1.1 | 0.4 | 5.7 | 1.1 | 0.43 | *0.00 |
| Black Eye Peas | 1/4 cup | 104 | 0 | 393 | 3.28 | 1.18 | 43.7 | 0 | 0.0 | 5.5 | 16.4 | 0.6 | 0.09 | *0.00 |
| Rosey Applesauce | 1/2 cup | 64 | 0 | 33 | 1.97 | 0.00 | 0.0 | 0 | 3.1 | 0.2 | 15.4 | 0.00 | 0.00 | 0.00 |
| Whole Wheat Rolls SM | 1 roll | 179 | 1 | 173 | 2.49 | 1.62 | 20.0 | 132 | 0.0 | 5.1 | 32.4 | 3.4 | 1.42 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 787 | 98 | 1219 | 10.45 | 5.59 | 445.9 | 7199 | 7.44 | 42.88 | 117.97 | 15.18 | 5.66 | *0.00 |
| % of Calories | | | | | | | | | | 21.8% | 60.0% | 17.4% | 6.5% | 0.0% |

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| | Portion Size | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------|--------------|------|-----------|---------|---------|---------|---------|----------|----------|---------|--------|---------|---------|----------|
| Thu - 03/11/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Hamburger on a Bun | SERVING | 276 | 40 | 621 | 3.22 | 22.86 | 178.1 | 0 | 0.00 | 19.3 | 22.4 | 12.6 | 4.52 | *0.00 |
| Fries | 3 oz | 146 | 0 | 15 | 1.00 | 0.72 | 20.0 | 0 | 4.8 | 2.0 | 20.0 | 6.5 | 1.43 | *0.00 |
| Baked Beans: ACS | 1/4 cup | 66 | 0 | 251 | 2.41 | 0.78 | 20.7 | 122 | 1.0 | 2.7 | 14.3 | 0.1 | 0.01 | *0.00 |
| Peaches: slcd 1/4 cup drained | 1/2 cup | 63 | 0 | 9 | 0.90 | 0.00 | 0.0 | 269 | 1.1 | 0.9 | 15.3 | 0.00 | 0.00 | 0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 688 | 45 | 1062 | 7.53 | 25.12 | 518.9 | 751 | 8.86 | 32.89 | 96.11 | 20.67 | 6.93 | *0.00 |
| % of Calories | | | | | | | | | | 19.1% | 55.9% | 27.0% | 9.1% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|----------|-----|----|------|------|------|-------|------|-------|-------|-------|-------|------|-------|
| Fri - 03/12/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Pizza - Sausage | 1 slice | 280 | 20 | 600 | 3.00 | 2.70 | 200.0 | 300 | 0.00 | 15.0 | 35.0 | 10.0 | 2.00 | 0.00 |
| Carrot Sticks w/Dip | 1/4 cup | 42 | 2 | 154 | 1.23 | 0.13 | 32.5 | 7417 | 2.6 | 0.9 | 5.9 | 1.6 | 0.32 | 0.00 |
| Apple, fresh | 1 EACH | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.3 | 0.4 | 19.1 | 0.2 | 0.04 | *0.00 |
| Whole Wheat Toast | slice | 70 | 0 | 140 | 2.00 | 0.72 | 20.0 | 0 | 0.00 | 3.0 | 11.0 | 1.0 | 0.00 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 600 | 27 | 1061 | 9.54 | 4.47 | 560.8 | 8151 | 10.92 | 27.25 | 95.18 | 14.39 | 3.33 | *0.00 |
| % of Calories | | | | | | | | | | 18.2% | 63.5% | 21.6% | 5.0% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|----------|-----|----|------|------|------|-------|-----|-------|-------|--------|-------|------|-------|
| Mon - 03/15/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Chicken Tenders | serving | 270 | 15 | 460 | 3.00 | 1.08 | 0.0 | 45 | 0.00 | 23.0 | 18.0 | 12.0 | 2.00 | *0.00 |
| Mashed Potatoes | 1/2 CUP | 65 | 0 | 81 | 1.04 | 0.38 | 1.7 | 118 | 15.5 | 1.0 | 13.5 | 0.3 | 0.14 | *0.00 |
| Green Peas | 1/4 cup | 35 | 0 | 162 | 1.26 | 0.00 | 0.0 | 154 | 5.0 | 1.7 | 5.0 | 0.8 | 0.28 | *0.00 |
| Whole Wheat Rolls SM | 1 roll | 179 | 1 | 173 | 2.49 | 1.62 | 20.0 | 132 | 0.0 | 5.1 | 32.4 | 3.4 | 1.42 | *0.00 |
| Pears: Sliced, drained | 1/4 cup | 35 | 0 | 2 | 0.88 | 0.16 | 0.0 | 0 | 0.5 | 0.00 | 8.8 | 0.00 | 0.00 | 0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 720 | 22 | 1044 | 8.68 | 4.00 | 321.7 | 808 | 23.08 | 38.77 | 101.95 | 18.11 | 4.81 | *0.00 |
| % of Calories | | | | | | | | | | 21.5% | 56.6% | 22.6% | 6.0% | 0.0% |

| | | | | | | | | | | | | | | |
|------------------------------|-----------|-----|----|------|------|------|-------|------|-------|-------|--------|-------|------|-------|
| Tue - 03/16/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Sloppy Joe on a Bun | SERVINGS | 305 | 54 | 542 | 3.31 | 2.55 | 158.4 | 281 | 7.0 | 20.3 | 29.4 | 11.6 | 4.04 | *0.00 |
| Whole Kernel Corn | 1/2 cup | 87 | 0 | 339 | 2.19 | 0.20 | 10.9 | 0 | 3.9 | 2.2 | 18.6 | 1.1 | 0.00 | 0.00 |
| Tossed Salad W/Ranch | 1/4 cup | 21 | 1 | 83 | 0.65 | 0.27 | 21.6 | 1187 | 5.0 | 0.7 | 2.3 | 1.1 | 0.20 | *0.00 |
| Pineapple Tidbits: undrained | 1/2 cup | 69 | 0 | 0 | 0.87 | 0.31 | 17.4 | 0 | 7.8 | 0.00 | 18.2 | 0.00 | 0.00 | 0.00 |
| Sun Chips | bag | 140 | 0 | 160 | 2.00 | 0.36 | 0.0 | 0 | 0.00 | 2.0 | 19.0 | 6.0 | 1.00 | 0.00 |
| Milk - Variety | HALF PINT | 127 | 7 | 126 | 0.79 | 0.40 | 264.9 | 446 | 1.4 | 7.4 | 20.0 | 2.0 | 1.28 | *0.00 |
| Weighted Daily Average | | 750 | 63 | 1251 | 9.81 | 4.09 | 473.2 | 1914 | 25.20 | 32.67 | 107.52 | 21.78 | 6.52 | *0.00 |
| % of Calories | | | | | | | | | | 17.4% | 57.3% | 26.1% | 7.8% | 0.0% |

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| | Portion Size | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calcm | IU Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|----------------------------|--------------|------|-----------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|----------|
| Wed - 03/17/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Chicken Tetrazinni | SERVINGS | 313 | 58 | 335 | 3.57 | 1.69 | 117.0 | 1586 | 5.6 | 23.2 | 27.1 | 12.4 | 4.51 | *0.00 |
| Broccoli, Steamed | 1/2 CUP | 12 | 0 | 10 | 0.95 | 0.17 | 9.5 | 238 | 14.3 | 1.0 | 1.9 | 0.00 | 0.00 | 0.00 |
| Grapes | 1/2 CUP | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 1.84 | 0.3 | 7.9 | 0.2 | 0.05 | *0.00 |
| Whole Wheat Rolls SM | 1 roll | 179 | 1 | 173 | 2.49 | 1.62 | 20.0 | 132 | 0.0 | 5.1 | 32.4 | 3.4 | 1.42 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 671 | 65 | 684 | 7.43 | 4.37 | 453.0 | 2361 | 23.66 | 37.45 | 93.50 | 17.56 | 6.96 | *0.00 |
| % of Calories | | | | | | | | | | 22.3% | 55.7% | 23.6% | 9.3% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|------------|-----|----|-----|------|-------|--------|-------|-------|-------|--------|-------|-------|-------|
| Thu - 03/18/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Crispito With Cheese | 1 crispito | 273 | 48 | 524 | 2.01 | *0.04 | *82.2 | *262 | *0.0 | 11.9 | 22.4 | 14.4 | 5.26 | *0.00 |
| Rice, Brown | 1/2 cup | 82 | 0 | 0 | 0.48 | 0.35 | 0.0 | 0 | 0.00 | 1.9 | 16.9 | 0.5 | 0.00 | 0.00 |
| Tossed Salad W/Ranch | 1/4 cup | 21 | 1 | 83 | 0.65 | 0.27 | 21.6 | 1187 | 5.0 | 0.7 | 2.3 | 1.1 | 0.20 | *0.00 |
| Sugar Cookie, 1 ounce | 1 cookie | 120 | 10 | 95 | 0.00 | 0.72 | 20.0 | 0 | 0.00 | 2.0 | 17.0 | 6.0 | 1.00 | *0.00 |
| Hot Cinnamon Apples | 1/2 cup | 144 | 0 | 50 | 1.97 | 0.02 | 1.9 | 162 | 0.0 | 0.0 | 27.4 | 3.6 | 1.62 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 777 | 65 | 917 | 5.12 | *2.15 | *425.7 | *1971 | *7.00 | 24.54 | 110.30 | 27.07 | 9.06 | *0.00 |
| % of Calories | | | | | | | | | | 12.6% | 56.8% | 31.4% | 10.5% | 0.0% |

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|--------------------------------|------------|-----|----|------|-------|------|-------|-----|-------|-------|--------|-------|------|-------|
| Mon - 03/22/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Fish Sandwich | 1 sandwich | 295 | 30 | 418 | 3.25 | 1.94 | 168.1 | 0 | 0.00 | 15.6 | 38.7 | 9.8 | 1.01 | 0.00 |
| French Fries, Oven Ready ALBID | 3 ounce | 272 | 0 | 368 | 3.20 | 1.15 | 0.0 | 160 | 9.6 | 3.2 | 40.0 | 11.2 | 0.80 | *0.00 |
| Baked Beans: ACS | 1/4 cup | 66 | 0 | 251 | 2.41 | 0.78 | 20.7 | 122 | 1.0 | 2.7 | 14.3 | 0.1 | 0.01 | *0.00 |
| Oranges | 1 EACH | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.1 | 0.9 | 11.3 | 0.1 | 0.02 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 815 | 36 | 1203 | 11.17 | 4.72 | 527.3 | 858 | 63.66 | 30.42 | 128.46 | 22.67 | 2.81 | *0.00 |
| % of Calories | | | | | | | | | | 14.9% | 63.1% | 25.0% | 3.1% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|----------|-----|----|-----|------|------|-------|-----|-------|-------|--------|-------|------|-------|
| Tue - 03/23/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Baked Chicken | 1 Each | 220 | 86 | 77 | 0.00 | 1.18 | 13.7 | 143 | 0.00 | 27.2 | 0.00 | 11.5 | 3.19 | *0.00 |
| Rice, Brown | 1/2 cup | 82 | 0 | 0 | 0.48 | 0.35 | 0.0 | 0 | 0.00 | 1.9 | 16.9 | 0.5 | 0.00 | 0.00 |
| Green Peas | 1/2 cup | 70 | 0 | 323 | 2.53 | 0.00 | 0.0 | 307 | 10.1 | 3.4 | 10.1 | 1.6 | 0.55 | *0.00 |
| Whole Wheat Rolls SM | 1 roll | 179 | 1 | 173 | 2.49 | 1.62 | 20.0 | 132 | 0.0 | 5.1 | 32.4 | 3.4 | 1.42 | *0.00 |
| Pears | 1/2 cup | 73 | 0 | 5 | 1.83 | 0.33 | 0.0 | 0 | 1.1 | 0.00 | 18.3 | 0.00 | 0.00 | 0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 760 | 93 | 744 | 7.33 | 4.24 | 333.8 | 941 | 13.17 | 45.50 | 101.93 | 18.57 | 6.14 | *0.00 |
| % of Calories | | | | | | | | | | 23.9% | 53.6% | 22.0% | 7.3% | 0.0% |

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Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Elementary Schools Lunch Menu

| | Portion Size | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|----------------------------|--------------|------|-----------|---------|---------|---------|---------|----------|----------|---------|--------|---------|---------|----------|
| Wed - 03/24/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Beef Burritos ACS | 1 serving | 283 | 64 | 415 | 3.00 | 2.08 | 81.3 | 69 | 0.8 | 21.7 | 22.4 | 12.1 | 4.36 | *0.00 |
| Spanish Rice | 1/4 CUP | 62 | 0 | 177 | 0.77 | 0.51 | 7.1 | 185 | 5.9 | 1.6 | 11.8 | 0.9 | 0.09 | *0.00 |
| ACS Pinto Beans | 1/2 cup | 164 | 0 | 139 | 6.95 | 2.51 | 83.5 | 0 | 0.1 | 8.3 | 27.8 | 1.3 | 0.18 | *0.00 |
| Shredded Lettuce | 1/2 cup | 5 | 0 | 4 | 0.43 | 0.15 | 6.5 | 181 | 1.0 | 0.3 | 1.1 | 0.1 | 0.01 | *0.00 |
| Grapes | 1/4 CUP | 15 | 0 | 0 | 0.21 | 0.07 | 3.2 | 23 | 0.92 | 0.1 | 3.9 | 0.1 | 0.03 | *0.00 |
| Milk - Variety | HALF PINT | 127 | 7 | 126 | 0.79 | 0.40 | 264.9 | 446 | 1.4 | 7.4 | 20.0 | 2.0 | 1.28 | *0.00 |
| Weighted Daily Average | | 656 | 71 | 861 | 12.15 | 5.71 | 446.5 | 904 | 10.16 | 39.55 | 87.03 | 16.46 | 5.94 | *0.00 |
| % of Calories | | | | | | | | | | 24.1% | 53.0% | 22.6% | 8.1% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|-----------|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|------|-------|
| Thu - 03/25/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Turkey Breast: Deli Smoked | 3.2 OZ | 94 | 40 | 28 | 0.00 | 1.30 | 16.0 | 30 | 5.2 | 15.5 | 0.00 | 3.2 | 1.60 | 0.00 |
| Mashed Potatoes | 3/4 CUP | 98 | 0 | 122 | 1.56 | 0.58 | 2.6 | 177 | 23.3 | 1.6 | 20.2 | 0.5 | 0.22 | *0.00 |
| Green Beans, ACS | 1/2 CUP | 22 | 0 | 194 | 1.51 | 0.71 | 20.7 | 270 | 3.5 | 1.0 | 3.7 | 0.7 | 0.11 | *0.00 |
| Whole Wheat Rolls SM | 1 roll | 179 | 1 | 173 | 2.49 | 1.62 | 20.0 | 132 | 0.0 | 5.1 | 32.4 | 3.4 | 1.42 | *0.00 |
| Grapes | 1/2 CUP | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 1.84 | 0.3 | 7.9 | 0.2 | 0.05 | *0.00 |
| Milk - Variety | HALF PINT | 127 | 7 | 126 | 0.79 | 0.40 | 264.9 | 446 | 1.4 | 7.4 | 20.0 | 2.0 | 1.28 | *0.00 |
| Weighted Daily Average | | 550 | 49 | 645 | 6.77 | 4.74 | 330.6 | 1101 | 35.22 | 30.77 | 84.12 | 10.03 | 4.67 | *0.00 |
| % of Calories | | | | | | | | | | 22.4% | 61.2% | 16.4% | 7.6% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|------------|-----|-----|------|------|------|-------|------|-------|-------|--------|-------|------|-------|
| Fri - 03/26/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Barbecue on a Bun | 1 Sandwich | 424 | 109 | 640 | 2.00 | 2.29 | 162.1 | 146 | 1.2 | 37.2 | 27.0 | 17.9 | 6.03 | *0.00 |
| Corn on the Cob | 1 EACH | 59 | 0 | 151 | 1.76 | 0.38 | 1.9 | 146 | 3.0 | 2.0 | 14.1 | 0.5 | 0.07 | *0.00 |
| Tossed Salad W/Ranch | 1/4 cup | 21 | 1 | 83 | 0.65 | 0.27 | 21.6 | 1187 | 5.0 | 0.7 | 2.3 | 1.1 | 0.20 | *0.00 |
| Peach Cobbler | SERVINGS | 208 | 0 | 54 | 2.07 | 0.98 | 5.9 | 479 | 3.3 | 1.7 | 39.6 | 5.8 | 1.44 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 849 | 116 | 1093 | 6.48 | 4.69 | 491.5 | 2317 | 14.48 | 49.54 | 107.30 | 26.77 | 8.72 | *0.00 |
| % of Calories | | | | | | | | | | 23.3% | 50.6% | 28.4% | 9.2% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|------------|-----|----|------|------|------|-------|-----|-------|-------|--------|-------|------|-------|
| Mon - 03/29/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Chic Sandwich | 1 sandwich | 123 | 0 | 247 | 2.24 | 1.21 | 168.1 | 0 | 0.00 | 4.5 | 23.5 | 1.7 | 0.00 | *0.00 |
| Potato Rounds | 3 ounce | 156 | 0 | 342 | 2.07 | 0.37 | 0.0 | 0 | 0.00 | 2.1 | 21.8 | 6.2 | 1.04 | 0.00 |
| Baked Beans: ACS | 1/4 cup | 66 | 0 | 251 | 2.41 | 0.78 | 20.7 | 122 | 1.0 | 2.7 | 14.3 | 0.1 | 0.01 | *0.00 |
| Bananas | 1 EACH | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.8 | 1.1 | 23.1 | 0.3 | 0.11 | *0.00 |
| Sugar Cookie, 1 ounce | 1 cookie | 120 | 10 | 95 | 0.00 | 0.72 | 20.0 | 0 | 0.00 | 2.0 | 17.0 | 6.0 | 1.00 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 691 | 16 | 1102 | 9.35 | 4.10 | 513.9 | 547 | 11.77 | 20.38 | 123.87 | 15.83 | 3.13 | *0.00 |
| % of Calories | | | | | | | | | | 11.8% | 71.7% | 20.6% | 4.1% | 0.0% |

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Child Nutrition Program

Mar 1, 2010 thru Mar 31, 2010 Spreadsheet - Weighted Values

Elementary Schools Lunch Menu

| | Portion Size | Cals | mg Cholst | mg Sodm | g Fiber | mg Iron | mg Calc | IU Vit-A | mg Vit-C | g Protn | g Carb | g T-Fat | g S-Fat | g Tr-Fat |
|-------------------------------|--------------|------|-----------|---------|---------|---------|---------|----------|----------|---------|--------|---------|---------|----------|
| Tue - 03/30/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Steak and Gravy | 1 Serving | 198 | 44 | 688 | 1.60 | 1.95 | 28.3 | 45 | 1.7 | 17.3 | 5.8 | 14.9 | 4.41 | *0.00 |
| Mashed Potatoes | 1/2 CUP | 65 | 0 | 81 | 1.04 | 0.38 | 1.7 | 118 | 15.5 | 1.0 | 13.5 | 0.3 | 0.14 | *0.00 |
| Green Peas | 1/2 cup | 70 | 0 | 323 | 2.53 | 0.00 | 0.0 | 307 | 10.1 | 3.4 | 10.1 | 1.6 | 0.55 | *0.00 |
| Peaches: sldd 1/4 cup drained | 1/2 cup | 63 | 0 | 9 | 0.90 | 0.00 | 0.0 | 269 | 1.1 | 0.9 | 15.3 | 0.00 | 0.00 | *0.00 |
| Whole Wheat Rolls SM | 1 roll | 179 | 1 | 173 | 2.49 | 1.62 | 20.0 | 132 | 0.0 | 5.1 | 32.4 | 3.4 | 1.42 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 711 | 51 | 1440 | 8.56 | 4.71 | 350.1 | 1231 | 30.34 | 35.66 | 101.26 | 21.79 | 7.50 | *0.00 |
| % of Calories | | | | | | | | | | 20.1% | 57.0% | 27.6% | 9.5% | 0.0% |

| | | | | | | | | | | | | | | |
|----------------------------|----------|-----|-----|-----|------|------|-------|-----|-------|-------|-------|-------|------|-------|
| Wed - 03/31/2010 | | | | | | | | | | | | | | |
| Elementary Schools Lunch M | Total | | | | | | | | | | | | | |
| Baked Chicken | Serving | 220 | 86 | 77 | 0.00 | 1.18 | 13.7 | 143 | 0.00 | 27.2 | 0.00 | 11.5 | 3.19 | *0.00 |
| Buttered Noodles | 1/2 cup | 88 | 0 | 9 | 2.40 | 0.58 | 0.0 | 40 | 0.00 | 2.8 | 16.4 | 1.5 | 0.40 | 0.00 |
| Broccoli, Steamed | 1/2 CUP | 12 | 0 | 10 | 0.95 | 0.17 | 9.5 | 238 | 14.3 | 1.0 | 1.9 | 0.00 | 0.00 | 0.00 |
| Fruit Cocktail | 1/2 cup | 79 | 0 | 5 | 0.99 | 0.00 | 0.0 | 199 | 1.2 | 0.00 | 17.9 | 0.00 | 0.00 | *0.00 |
| Sugar Cookie, 1 ounce | 1 cookie | 120 | 10 | 95 | 0.00 | 0.72 | 20.0 | 0 | 0.00 | 2.0 | 17.0 | 6.0 | 1.00 | *0.00 |
| Milk - ACS | 1 carton | 136 | 6 | 165 | 0.00 | 0.76 | 300.0 | 360 | 2.0 | 8.0 | 24.2 | 1.5 | 0.97 | 0.00 |
| Weighted Daily Average | | 656 | 101 | 361 | 4.35 | 3.41 | 343.3 | 979 | 17.44 | 40.90 | 77.42 | 20.50 | 5.57 | *0.00 |
| % of Calories | | | | | | | | | | 25.0% | 47.2% | 28.1% | 7.6% | 0.0% |

| | | | | | | | | | | | | | | |
|------------------|--|-----|-----|-----|-------|-------|--------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | 702 | *79 | 941 | *7.40 | *5.41 | *453.9 | *2401 | *22.83 | 33.53 | 99.82 | 19.86 | 6.51 | *0.12 |
| | | | | | | | | | | 19.1% | 56.9% | 25.5% | 8.3% | 0.1% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Error Messages (if any) |
|-------------------|----------|-----------|--------|-------------|-----------|-----------|--|
| Calories | 702 | | 664 | 106% | | | |
| Cholesterol (mg) | 79 | | 72 | 109% | Missing | | Correction Required - Cholesterol too High |
| Sodium (mg) | 941 | | 1000 | 94% | | | |
| Fiber (g) | 7.40 | | 4.00 | 185% | Missing | | |
| Iron (mg) | 5.41 | | 3.50 | 154% | Missing | | |
| Calcium (mg) | 453.9 | | 286.00 | 159% | Missing | | |
| Vitamin A (IU) | 2401 | | 5600 | 43% | Missing | 3199 | Correction Required - Vitamin A is Low |
| Vitamin C (mg) | 22.83 | | 15.00 | 152% | Missing | | |
| Protein (g) | 33.53 | 19.11% | 10.00 | 335% | | | |
| Carbohydrate (g) | 99.82 | 56.90% | 100.00 | | | | |
| Total Fat (g) | 19.86 | 25.47% | <30.00 | | | | |
| Saturated Fat (g) | 6.51 | 8.35% | <10.00 | | | | |
| Trans Fat (g) | 0.12 | 0.15% | | | | | |

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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